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MAHPERD

Montana Association for Health,
Physical Education, Recreation and Dance

Health &
Physical Education

Winter Journal
January 1982

Editor
Spencer Sartorius

President
Emilee DeKam

Physical Education and Sports Week

March 1-7, 1982

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Montana Association for Health, Physical Education, Recreation and Dance
EXECUTIVE BOARD, 1981–82

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MESSAGE FROM THE PRESIDENT

Happy New Year MAHPERD Members!

As the calendar rolls around to the New Year, it has been traditional to take stock---to see where we've been, where we are, and where we're going. So to keep in step, this message will be a "State of the State of MAHPERD," January 1982.

In looking back at 1981 we see that MAHPERD was involved in many things---the political arena, educational workshops, public education, heart research, professional visibility, N.W. District participation, national AAHPERD recognition and involvement, and a very successful MAHPERD Convention in October at the Camp on the Boulder. Specific accomplishments included the development of a new logo to be used on stationery, membership cards, a selection of MAHPERD shirts, and where-ever recognition for MAHPERD is in order. The Jump Rope for Heart project with the Montana Heart Association brought in $18,000 for education and research for heart diseases. For its efforts, MAHPERD received 5% to be used for projects of education and the development of cardiovascular fitness. MAHPERD members testified at Legislative Committee meetings and at the Montana Board of Education meeting in defense of maintaining professional days for convention and in maintaining present P.E. requirements.

Recently, Montana received AAHPERD recognition at the Alliance Center dedication in Reston, for being 117% in the Square Foot competition.

A recent Legislative Committee has been established to monitor activities during the special session and future sessions in order to be ready if action on our part is needed.

A MAHPERD request has been sent to the State Board of Education to reduce the recommended size of a physical education class from 45 to 30 in order to accommodate individual sports and activities and for safety reasons.

Looking into 1982, many of our programs are on-going. The theme of the year is the MAHPERD ROUND-UP---of members, ideas, and action. Our membership is over 150 current members and still growing. We have over 50 schools signed up to participate in the Jump Rope for Heart during Montana Physical Education and Sports Week. MAHPERD will have its first winter sports ski weekend in February. The Spring Board meeting and N.W. District Convention will be in March. April is the month for the AAHPERD Convention in Houston. During the summer four workshops will in part be sponsored by MAHPERD. The 1982 State Convention will be held in Helena, Oct. 21-22.

A lot is happening professionally in MAHPERD. However, I feel that perhaps an even more important function of the organization, one which is intangible and difficult to define, is in the area of human spirit and personal relationships. It comes with the opportunity to get to know one another from across the State, from within the various subject disciplines encompassed by MAHPERD, from the different working levels K-University. It gives the comradarie, enjoyment, and job satisfaction that helps to combat the now often mentioned "job-burnout". Here-in lies the real value---This is where it happens!!

In summary, MAHPERD is alive and ready for action. Now it is up to you to take advantage of the opportunities. Set your goals for a GREAT year in 1982---Here's wishing you the best!

Emilee DeKam, MAHPERD President

Message From The State Supervisor

It's all downhill from here. Christmas vacation is behind us. Semester break is just ahead. Basketball and wrestling are in full swing. Pretty soon it will be track weather and before we know it, another summer vacation will be upon us.

During the rest of the school year and this summer, MAHPERD and the Office of Public Instruction have some super workshops you may be interested in. The first one will be the Skiing Workshop, February 27-28, at Bridger Bowl. More information on that workshop follows.

In March we will have four Physical Management Workshops around the state. These will be presented by Eileen Solberg of Great Falls High School, Ann Ferguson of the Office of Public Instruction, and myself. They will deal with Eileen's program for overweight students which she started at Great Falls High. The workshops will be in Bozeman February 28 - March 2, in Kalispell March 7-9, in Billings March 14-16 and in Havre March 21-23. If you are interested in attending one of these workshops, you must let me know as space is limited and I am only sending invitations to a select number of schools. We would like to get one physical educator and one person from the School Food Service from each school to participate.

Also at the end of March, Project Adventure from Hamilton, MA will present a workshop in Helena. Helena High School wrote a Title IV Adoption Grant and will be trained by Project Adventure. There will be limited room for several other people to participate in the workshop. The workshop itself will be free but participants will have to pick up their own expenses. If you are interested in attending, you must contact me to make sure there is room and get the workshop schedule. The dates are March 30 - April 2.

We have four Rhythmic Aerobic Workshops scheduled starting in January. These will be directed by our Area Coordinator for Rhythmic Aerobics, Julie Dasinger. If you are interested in one of these, get in touch with Julie at 910 11th St. S.W., Sidney 59270, or phone 482-4755. The workshops are January 15-16 in Billings, February 19-20 in Missoula, March 19-20 in Billings and April 23-24 in Powell, Wyoming.

The Sixth Annual Shooting Sports and Outdoor Education Workshop will be held May 8-10 at the Circle 8 Dude Ranch near Choteau. If any of you want further information on this workshop, get in touch with me. This is really a fun workshop held in a beautiful setting next to the Bob Marshall Wilderness area.

Finally, we have some great Outdoor Education Workshops scheduled for this summer and I have included a registration brochure for these with the Journal. If you want more information, get in contact with me.

Spencer Sartorius
Health & Physical Education Specialist
Office of Public Instruction

JUMP 'ROPE FOR HEART--An outstanding PEPI project to promote cardiovascular fitness. Over 50 schools from Montana are ready to participate. It is not too late to sign up. Contact the Montana Heart Association, 510 1st Ave. N., Great Falls, MT 59401. Educational materials are available.

AAHPERD NATIONAL CONVENTION AND EXHIBITION--April 22-27 in Houston.

SURVIVAL BOOK RECOMMENDED--A book that certainly deserves your attention if you are looking for an outdoor survival book is Wilderness Survival by Bernard Shanks. Published in 1980 by Universe Books, 381 Park Ave. S., New York, N.Y.

FIT TO BE YOU--This package includes a teacher's guide and three-part film series which originat as an idea to help in the necessary emphasis on physical fitness in junior high school physica education. The areas covered are Muscle Strength and Endurance, Cardiorespiratory Endurance, and Flexibility and Body Composition. Blue Cross and Blue Shield Associations have contribute seven sets for the use of Montana schools. They are available through the OPI Film Library.

BASIC STUFF SERIES--K-12. Series I publications present the body of knowledge supporting physical education. Series II publications give examples of instructional activities to teach the concepts. This is available from AAHPERD Publications, P.O. Box 870, Lanham, MD 20801.

GALLUP POLL ON EDUCATION--as reported in the Education Daily, August 24, 1981, said that "Sixty-one percent of those answering the survey for 1980-81 said that physical education was the best taught subject in the public schools, giving it an 'A'."

OBJECTIVES FOR THE NATION, 1990--A major vehicle for the promotion and implementation of health and physical education programs for the remainder of the decade is certain to be the U.S. Public Health Service project "Promoting Health, Preventing Disease. Objectives for the Nation 1990." Fifteen task forces in as many areas, most of which relate to our fields of education, developed objectives to be achieved by 1990. AAHPERD was a part of the Task Force on Physical Fitness and Exercise and has endorsed the objectives and fully supports their achievement.

SPRING BOARD MEETING OF MAHPERD--March 20, 1981, in Helena. If you have any ideas or items of business you would like considered at the meeting, please get in touch with one of the Board Members. Convention planning will take place at this time.

N.W. DISTRICT CONVENTION--Spokane, Washington on March 25-27. It is very possible that we will have several candidates for officers of N.W. from Montana. The Convention program looks good. Plan to come, participate and give Montana some representation at this Convention.

NATIONAL PHYSICAL EDUCATION AND SPORT WEEK--March 1-7. This week will officially be declared as Montana Physical Education and Sports Week by Gov. Schwinden. Use this opportunity to promote positive feelings for our field through PEPI and sports activities.

WORKSHOP SCHEDULE

January 15 & 16 -	Rhythmic Aerobics
February 19 & 20 -	" "
" 27 & 28 -	Snow Flakeout Ski Workshop
March 1 & 2 -	Physical Management
" 7 - 9 -	" "
" 14 - 16 -	" "
" 19 & 20 -	Rhythmic Aerobics
" 21 - 23 -	Physical Management
March 30 - April 2 -	Project Adventure
April 23 & 24 -	Rhythmic Aerobics
May 8 - 10 -	Shooting Sports and Outdoor Ed.
July -	Outdoor Ed. Workshops All Month

What Is The American Alliance?

The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) is a non-profit association representing professionals in:

- physical education
- sports and athletics
- health and safety education
- recreation and leisure
- dance

More than *42,000* teachers, administrators, researchers, coaches, students and others belong to the American Alliance. Founded in 1885, the American Alliance continues its mission to improve our country's programs in these fields...in schools and communities nationwide...to improve the American quality of life.

From its national headquarters near Washington, D.C., the American Alliance provides a strong national voice for its members on legislative issues...and keeps its members and the public aware of legislative development at the local, state and federal level.

What Are The Objectives Of The American Alliance?

- To provide members with opportunities and materials for professional growth and keep them current on the latest issues, trends, technologies and legislative developments.
- To improve professional standards and performance.
- To support and disseminate outstanding research.
- To speak with a stronger, unified voice on common issues.
- To increase public understanding of the contributions to American life made by our professions.

An Alliance For Your Professional Growth

The American Alliance provides you with important professional benefits including:

Award-winning journals

The Journal of Physical Education, Recreation and Dance — Nine times each year, this award-winning journal brings you outstanding articles on current issues and new methods, trends and materials. Regular features include book reviews, the latest in products, news updates, and information on association events.

Health Education — six times each year, features authoritative articles for elementary through college level educators, working both in the schools and in the community.

Research Quarterly of Exercise and Sport — a valuable resource for research oriented professionals in physical education, athletics and sports. Reports on new and original research, reviews new literature and offers descriptions of new technology and methods. Four issues per year.

Update

This monthly newspaper keeps you up to date on the latest legislative and association developments...the news in your field...and offers you book reviews, new job openings in your field, and notice of upcoming events.

Conventions and Conferences

National and district conventions, plus regional state and local conferences provide ideal opportunities for you to make contact with your colleagues...hear outstanding speakers...see the latest in materials and methods.

Association Membership

You select membership in one or two associations of the American Alliance...you'll receive literature and invitations to attend events specifically targeted to your interests and area of responsibility.

Representation in Washington, D.C.

Your national headquarters works for you on issues of professional concern; speaking with a strong voice for improved programs in physical education, sports and athletics, health and safety education, leisure and recreation, and dance. And, the American Alliance keeps you informed on legislative happenings through Update and your journals.

Professional Publications and Audiovisuals

More than 400 titles...some of the best literature in the field...available to you at low Alliance prices.

Group Insurance Plans

Optional, low cost professional liability, life insurance, disability, and supplemental medical payment plan...available only to members.

Job Placement Service

Available year round to American Alliance members. A placement booth at the national convention enables job seekers to make contact with potential employers.

Consultant Service

Headquarters staff specialists offer assistance to Alliance members on a number of professional concerns including curriculum, programs, administration, facilities, equipment, organization, leadership and public relations.

Leadership Opportunities

You can participate in the decision making on the local, state or national level. Get active in the future of your profession.

And More

Like travel plans, loan-by-mail, and discounts on car rental.

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